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Amendments to the Claims:

- 1. (original) An armrest pivotable in a horizontal plane comprising
 - a) a bracket adapted to be attached to an armrest support arm;
 - b) a vertical pivot axis attached to said bracket;
 - c) an armrest support rotatably attached to said vertical pivot axis; and
- d) a mechanism for securing said armrest in a fixed position in the horizontal plane of movement.
- (original) A method of adjusting the vertical position of an armrest comprising the steps of:
- a) raising the distal end of the armrest to an altitude greater than the altitude of the medial end of said armrest;
 - b) repositioning said armrest; and
- c) releasing said distal end in a manner effective to return said distal end to an altitude substantially the same as said medial end of said armrest.
- (original) A method of adjusting the vertical position of an armrest comprising the steps of:
 - a) positioning said armrest; and
- b) releasing said armrest in a manner effective to engage a locking mechanism that holds said armrest in the position it was placed.
- 4. (original) An adjustable arm for a chair comprising:
 - a) a support for a back of said chair connected to a base of said chair;
 - b) a bracket mounted on said back support;

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- c) a first link pivotally mounted to said bracket mounted on said back support;
- d) a second link pivotally mounted to said bracket mounted on said back support;
- e) a second bracket pivotally mounted to the ends of said first and said second links at the end of each link distal to the bracket mounted on said back support; and
 - f) an armrest body mounted to said second bracket.
- 5. (original) The adjustable arm for a chair of claim 4 further comprising a locking mechanism at the interface between (a) one of said links mounted to the bracket mounted on said back support and (b) said second bracket.
- 6. (original) The adjustable arm for a chair of claim 4 further comprising:
 - a) a third bracket mounted on said back support;
 - b) a third link pivotally mounted to said third bracket;
 - c) a fourth link pivotally mounted to said third bracket;
- d) a fourth bracket pivotally mounted to the ends of said third and said fourth links at the end of each link distal to the third bracket; and
 - e) a second armrest body mounted to said fourth bracket.
- 7. (original) The adjustable arm for a chair of claim 4 further comprising a slider-crank joint at the interface between one link and one bracket.
- 8. (original) An adjustable arm for a chair comprising:
 - a) a parallel arm mechanism mounted at a first end to a back support of said chair;
 - b) said parallel arm mechanism mounted at a second end to an armrest body.
- 9. (original) The adjustable arm of claim 8 further comprising a locking mechanism.

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- 10. (new) A moveable armrest comprising
 - a) a bracket adapted to be attached to an armrest support arm;
 - b) a horizontal pivot axis attached to said bracket;
 - c) an armrest support rotatably attached to said horizontal pivot axis; and
- d) a mechanism for securing said armrest in a fixed position in the horizontal plane of movement.
- 11. (new) The adjustable arm for a chair of claim 4 further comprising said bracket mounted on said back support being at least about 6 inches above a rear portion of the seat of said chair.
- 12. (new) The adjustable arm for a chair of claim 8 further comprising said bracket mounted on said back support being at least about 6 inches above a rear portion of the seat of said chair.
- 13. (new) A method of adjusting the vertical position of an armrest comprising, in a chair in which the distal end of the armrest is the end of the armrest closest to the user's fingertips when the user sits in the chair in a conventional manner, the steps of:
- a) raising the distal end of the armrest to an altitude greater than the altitude of the medial end of said armrest;
 - b) repositioning said armrest; and
- c) releasing said distal end in a manner effective to return said distal end to an altitude substantially the same as said medial end of said armrest.
- 14. (new) An adjustable arm for an office chair comprising:
 - a) a pedestal mounted to a base of said chair;

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- b) a support for a back of said chair connected to said chair base;
- c) a bracket mounted on said back support;
- d) a first link pivotally mounted to said bracket mounted on said back support;
- e) a second link pivotally mounted to said bracket mounted on said back support;
- f) a second bracket pivotally mounted to the ends of said first and said second links at the end of each link distal to the bracket mounted on said back support; and
 - g) an armrest body mounted to said second bracket.